

Annexes

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Steps to Make a Yummy Apple Banana Green Smoothie

Things you'll need:



- Green apple - 1
- Ripe banana - 1
- Spinach, chopped - 1 cup
- Soy milk - 1/3 cup
- Plain yogurt - 1/3 cup
- Raw honey - 1 tablespoon
- Almonds - 2 tablespoons
- Blender
- Measuring cups and spoons
- Knife and cutting board



Step 1. Remove the core of the apple



Slice a green apple into quarters.



Remove the core of the apple from each piece with the knife.



Step 2. Dice the apple



Dice the apple into medium-sized cubes. If you have a great power blender, the pieces can be a bit larger.

Healthy notes:

Although both red and green apples are packed with nutrients, green apples surpass the red ones in certain aspects. Green apples possess more fiber and vitamins, more anti-aging and beauty benefits as well as higher levels of antioxidants than red apples. Green apples also have less sugar content than their red counterparts. While this may make them less sweet than the red ones, it makes green apples the best for making smoothies and salads.



Step 3. Put apple cubes into the blender



Transfer the apple cubes into the blender.



Step 4. Peel and slice the banana



Peel the banana and cut it into slices.

Healthy notes:

A banana is 75% water and 23% carbohydrates. This makes the fruit an ideal choice for nourishment after a workout of any sort. Bananas are also a decent source of potassium and manganese, two minerals that are vital for our health.



Step 5. Add banana slices to the blender



Transfer the banana slices into the blender



Step 6. Add soy milk



Pour 1/3 cup of soy milk into the blender. Soy milk forms the base of the smoothie.

Healthy notes:

Soy milk is a pure protein source. In addition, soy milk provides dietary fiber as well as calcium



Step 7. Add chopped spinach



Add 1 cup of chopped spinach to the blender.
Wash the spinach thoroughly in plenty of water
before chopping it.

Healthy notes:

Everybody knows that spinach is rich in vitamin A, making it good for your eyes. Being rich in iron, it also helps prevent anemia. It has even higher potassium content than a banana. As an added bonus, it helps maintain your bone health. This is one of the most delicious ways to consume your spinach.

Never wash vegetables after cutting them, as the nutrients get washed away as well.



Step 8. Add plain yogurt



Add 1/3 cup of plain yogurt to the blender.

Healthy notes:

Besides giving your smoothie a great taste, it also provides a nice texture. Also, yogurt helps regulate the digestive system.



Step 9. Add raw honey



Add 1 tablespoon of raw honey into the mix to sweeten your smoothie.

Healthy notes:

Raw honey is a healthy alternative to processed sugars. Besides, the distinctive taste of honey goes beautifully with this smoothie. Depending on how sweet you prefer your smoothies, you are at liberty to tweak the quantity of the raw honey.



Step 10. Add almonds



Measure 2 tablespoons of almonds into the blender. Almonds will give your smoothie a nutty taste and a buttery texture.

Healthy notes:

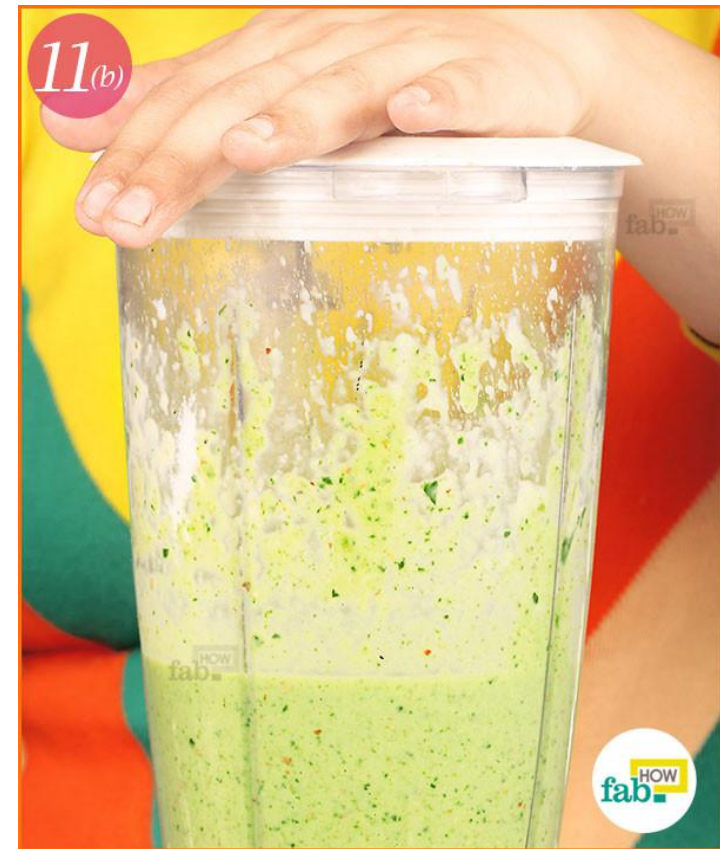
Almonds are bite-sized nutritional powerhouses. Being calcium rich, almonds are great for those who avoid dairy. Almond skin is full of flavonoids that are good for the health of your heart. Additionally, being rich in vitamin E makes them great for your skin.



Step 11. Blend until smooth



Put the lid tightly on the blender.



Blend on high until the contents are completely pureed.



Step 12. Pour into a glass and serve



Take off the lid from the jar.



Pour the thick and creamy smoothie into a glass and serve it.



You can use a drinking mason jar with a colorful straw instead of a plain old glass to make it more fun.







1(a)

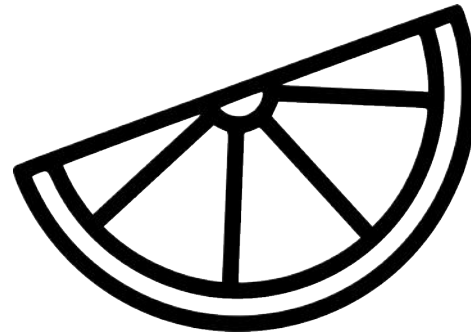


HOW
fab.

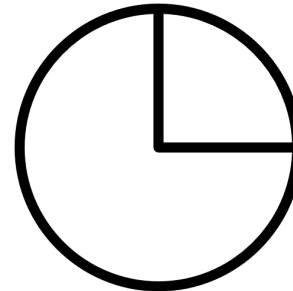


1 A - LANGUAGE SUPPORT

- Slice



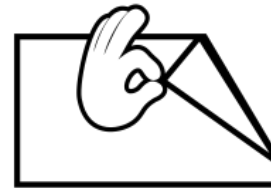
- Quarter







1 B - LANGUAGE SUPPORT



- Remove



- Core



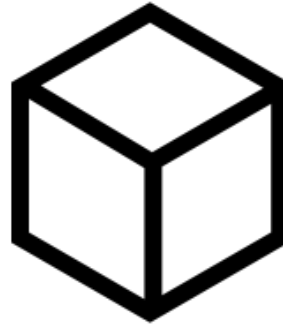
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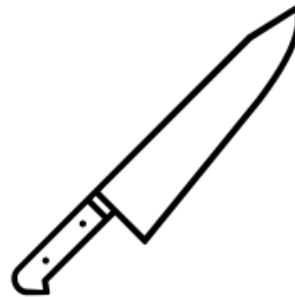


2- LANGUAGE SUPPORT

- Dice



- Knife







3- LANGUAGE SUPPORT



- Into



- Blender



4



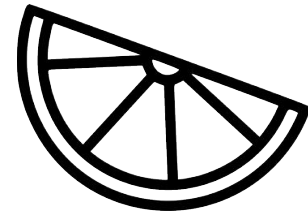


4- LANGUAGE SUPPORT

- Peel



- Slices



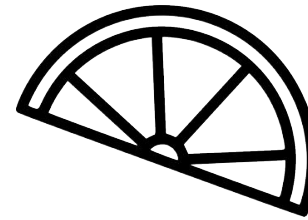




5- LANGUAGE SUPPORT

- Transfer 

- Slices



- Blender







6- LANGUAGE SUPPORT

- Pour



- Soy milk



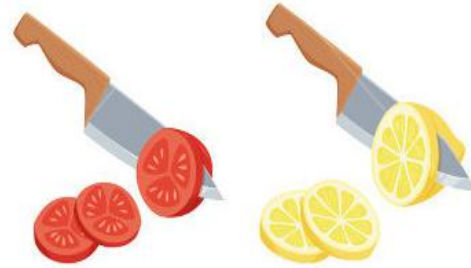
SOYBEANS





7- LANGUAGE SUPPORT

- Chopped



- Spinach



- 1/3 cup (75gr)





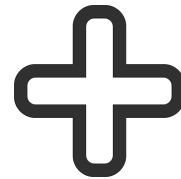


8- LANGUAGE SUPPORT

- Plain yogurt



- Add




- 1/3 cup (75gr)







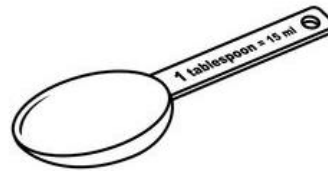
9- LANGUAGE SUPPORT

- Add 

- Raw honey 



- Tablespoon




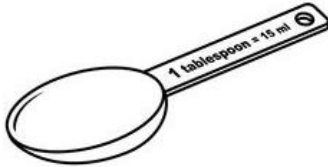
(75grams)






10- LANGUAGE SUPPORT

- Add 

- Tablespoon  (75grams)

- Almond 



11(a)



fab. HOW





II A- LANGUAGE SUPPORT

- Lid





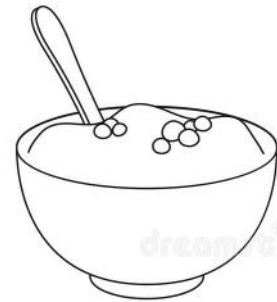


11 b- LANGUAGE SUPPORT

- Blend



- pureed





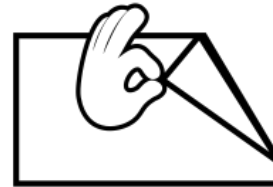
12_(a)





12 a- LANGUAGE SUPPORT

- Take off (remove)



- Lid







12 b- LANGUAGE SUPPORT

- Pour



- Glass





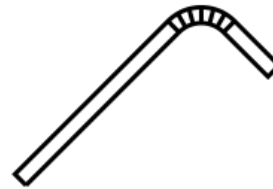


12 c- LANGUAGE SUPPORT

- Mason jar



- Straw





Slice a green apple into quarters.
Remove the core of the apple from each piece with the knife.

Put the lid tightly on the blender.
Blend on high until the contents are completely pureed.

Transfer the banana slices into the blender

Dice the apple into medium-sized cubes. If you have a great power blender, the pieces can be a bit larger.



Add $\frac{1}{3}$ cup of plain yogurt to the blender.

Transfer the apple cubes into the blender.

Add 1 cup of chopped spinach to the blender. Wash the spinach thoroughly in plenty of water before chopping it.

Peel the banana and cut it into slices.



Pour 1/3 cup of soy milk into the blender. Soy milk forms the base of the smoothie.

Add 1 tablespoon of raw honey into the mix to sweeten your smoothie.

Measure 2 tablespoons of almonds into the blender. Almonds will give your smoothie a nutty taste and a buttery texture.



Take off the lid from the jar.

You can use a drinking mason jar with a colorful straw instead of a plain old glass to make it more fun.

Pour the thick and creamy smoothie into a glass and serve it.



RECIPE: Yummy Apple Banana Green Smoothie

Ingredients:

- Green apple - 1
- Ripe banana - 1
- Spinach, chopped - 1 cup
- Soy milk - 1/3 cup
- Plain yogurt - 1/3 cup
- Raw honey - 1 tablespoon
- Almonds - 2 tablespoons
- Blender
- Measuring cups and spoons
- Knife and cutting board

Instructions:

First, dice the apple into medium-sized cubes. If you have a great power blender, the pieces can be a bit larger. Transfer the apple cubes into the blender.

After that, peel the banana and cut it into slices. Transfer the banana slices into the blender.

Next, pour 1/3 cup of soy milk into the blender. Add 1 cup of chopped spinach to the blender. Add 1/3 cup of plain yogurt to the blender and add 1 tablespoon of raw honey into the mix to sweeten your smoothie. Measure 2 tablespoons of almonds into the blender.

Then, blend on high until the contents are completely pureed and

Finally, pour the thick and creamy smoothie into a glass and serve it.



Recipe - Language support

Linkers:

- First, ...
- Then, ...
- Next, ...
- After that,
- Finally, ...

Cooking verbs:

Add	Slice	Mash
Bake	Pour	Pinch
Beat	Peel	Squeeze
Fry	Weigh	Roll
Chop	Wash	Measure
Break	Knead	Sprinkle
Boil	Scramble or whisk	Stir
Grate	Serve	Mix
Melt	Blend	
Mince	Cut	



Vocabulary chart

[illegible]



References

Original text and images.

Fabhow Team. (2017, November). Retrieved from Fabhow: How to Make a Yummy Apple Banana Green Smoothie:
<https://www.fabhow.com/make-apple-banana-green-smoothie.html>